

Take a well-being break

Steps to stress less

All the talk around COVID-19 may have you feeling anxious or stressed. We understand. We're all in this together. And we want to check in with how you're feeling.

Symptoms of anxiety include:

- Intense worry
- Fatigue
- Panic
- Obsession
- Nightmares
- Muscle tension
- Headaches
- Sleep problems
- Rapid heart rate
- Shortness of breath
- Chest pain
- Sweating

If you're feeling anxious, try these steps to help you get through it:



Take control of the situation. There are steps you can take to limit your risks of getting COVID-19. Wash your hands often. Don't touch your eyes, nose and mouth. And disinfect your home and work area regularly. For more suggestions, visit the [Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#) websites.



Take care of yourself. Eat nutritious food, exercise, limit alcohol consumption and make sleep a priority. Stay connected with family and friends online or by phone so you're not lonely.



Stay informed by learning the facts. Be sure to get your information from credible sources, such as the CDC and the WHO.



Think about the impact you have on others. Take preventive measures seriously. Talking with family and friends about the positive steps you're taking to stay safe will encourage them to do the same.



Limit your media exposure to COVID-19 news. Today's news cycle is 24/7, and the exposure can add to the stress. Unplug and give yourself some down time.



For extra support

If you need more help, you have options:

- Your company's **Employee Assistance Program (EAP)**; or
- Your **primary care doctor**; or
- **Telehealth resources** – offered online, via phone, and through mobile apps – focused on mental health and emotional wellness; or
- **1-800-985-5990**, a confidential national hotline for crisis counseling from the Substance Abuse and Mental Health Services Administration. It's toll-free and available 24/7.

